

IN THE CLAIMS

Please amend the claims as follows:

Claims 1-20 (Cancelled)

Claim 21 (Currently Amended): A breathable pad comprising:  
a flexible porous support having at least one surface, and  
at least one layer of gel which is applied directly to at least one surface of said flexible porous support;

wherein said gel comprises:

50 wt% to 77 wt% water,

6.5 wt% to 44 wt% of polyvinyl alcohol

~~a dermatologically compatible polymer.~~

Claim 22 (Currently Amended): The breathable pad of Claim 21, wherein said gel  
further comprises sodium alginate or calcium alginate

~~flexible porous support has a thickness between 15 and 200 microns, a density from 65 to 145 g/dm<sup>3</sup> and a weight between 15 and 200 g/m<sup>2</sup>.~~

Claims 23-39 (Cancelled)

Claim 40 (Currently Amended): A method for treating skin, for reducing localized swelling, or for providing a decongestant, analgesic or antiedema effect, comprising externally applying the breathable pad of Claim 21 to a subject in need thereof[.,].

Claim 41 (New): A breathable pad comprising:  
  
a flexible porous support, and  
  
a layer of gel which is applied directly to one surface of said flat flexible porous support; wherein said gel comprises:  
  
50 wt% to 77 wt% water,  
  
6.5 wt% to 44 wt% of a dermatologically compatible polymer.

Claim 42 (New): The breathable pad of Claim 41, wherein said gel further comprises a volatile substance selected from an essential plant oil or an aromatic plant extract, which is drawn out and released through the flexible porous support when the gel layer of the breathable pad is applied to skin.

Claim 43 (New): The breathable pad of Claim 41, wherein said gel further comprises a volatile substance selected from at least one of *Eucalyptus*, clove and black pepper essential oils, which exerts a decongestant effect when the gel layer of the pad is applied to the skin and the volatile component(s) are released through the flexible porous support.

Claim 44 (New): The breathable pad of Claim 41, wherein said flexible porous support is a fabric imbued with a volatile substance selected from an essential plant oil or an aromatic plant extract which exerts a decongestant effect the pad is applied to the skin and the volatile substance released.

Claim 45 (New): A method for providing a decongestant action comprising externally applying the breathable pad of Claim 41 to a subject in need thereof.